



Joint Consortium for School Health
Governments Working Across the Health and Education Sectors

Mental Resilience

Quick Scan of Activities and Resources in Resilience/Positive
Asset-Based Social Development in Canadian Schools

2007

Revised 2009

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1 Introduction

The following is a quick scan of Pan-Canadian resources, programs and activities on resilience/positive asset-based social development (including mental health) in the school health context.

This report was developed on behalf of the Joint Consortium for School Health by the Public Health Association of BC.

Descriptions of the included programs and resources are adapted from information provided on their respective websites.

To identify items to be included in this quick scan, the Internet was searched extensively, starting with well known Canadian organizations active in school health and positive youth development.

When choosing the resources and programs to include in this scan, the following guidelines were used:

1. Documents/resources and programs/activities were chosen only if they were designed or written in Canada. Many good US resources are used in Canadian schools and community organizations, but are not included as part of this scan;
2. Only those resources and programs that can be used or implemented in any part of Canada were chosen. Therefore, the scan excludes those activities that are specific to a particular city or region;
3. Only those documents or programs that are either intended for use in schools or have been used in schools (for instance, when part of a broader program of community participation) were chosen and;
4. Most, but not all, programs described below are comprehensive in nature and consistent with a comprehensive school health approach. In some cases, however, activities have been listed (e.g. interactive websites) that could make up an important part of a more comprehensive program.

Please note that the resources provided in this document are provided for information only and may not be endorsed or approved by JCSH or its member jurisdictions.

2 Resources and Programs

Resilience/Positive Asset-Based Social Development

Resources

- Title: *Two Legs to Stand On – Eight to Grow*
- Organization: Edmonton Asset Collaborative, Edmonton, Alberta (2004)
- Website: <http://www.thrivecanada.ca/section.asp?catid=141&pageid=76>
- Description: A set of fun, interactive and educational activities for parents to do with children, ages six to teen. Provides information and activities about eight asset categories. Not specifically intended for use in schools, but can (and has) been used in the school setting.

Programs

- Title: *Lions Quest Skills for Action (Teens and Young Adults)*
- Organization: Lions Clubs International Foundation/Thrive! The Canadian Centre for Positive Youth Development, Waterloo, Ontario
- Website: <http://www.thrivecanada.ca/section.asp?catid=140&pageid=20>
- Description: Part of the Lions Quest program of resources that are school-based, comprehensive, positive development and prevention programs designed to unite the home, school and community. Builds life and citizenship skills by moving beyond the classroom and into school-based service learning. Units include building a learning community, exploring personal and social responsibility, and evaluating and sharing service experiences.
- Title: *Lions Quest Skills for Adolescence (Grades 6 to 8)*
- Organization: Lions Clubs International Foundation/Thrive! The Canadian Centre for Positive Youth Development, Waterloo, Ontario
- Website: <http://www.thrivecanada.ca/section.asp?catid=140&pageid=19>
- Description: Part of the Lions Quest program of resources that are school-based, comprehensive, positive development and prevention programs designed to unite the home, school and community. Units include building self-confidence and communication skills, managing emotions in positive ways, strengthening family relationships and making healthy choices. Also available in French. A new, revised version to come in January 2008.

Title: *Lions Quest Skills for Growing (Kindergarten to Grade 5)*
Organization: Lions Clubs International Foundation/Thrive! The Canadian Centre for Positive Youth Development, Waterloo, Ontario
Website: <http://www.thrivecanada.ca/section.asp?catid=140&pageid=18>
Description: Part of the Lions Quest program of resources that are school-based, comprehensive, positive development and prevention programs designed to unite the home, school and community. Units include building a school community, making positive decisions, growing up drug-free and an activity booklet for students.

Title: *Make a Connection Canada*
Organization: Nokia Canada and Thrive! The Canadian Centre for Positive Youth Development, Waterloo, Ontario
Website: <http://www.nokia.ca/english/community/makeconnection.asp>
Description: This program is for Aboriginal children and youth between the ages of five and 18 years. The program is designed to empower Aboriginal youth to develop the skills needed to succeed. Over the first three years, 15,000 youth are expected to benefit from the program. The program presents an integrated approach in the home, school and community. Youth will access the program through schools or community centres.

Title: *Young Canadian Leadership Challenge*
Organization: YCLC Canada, Ottawa, ON
Website: <http://www.yclc.ca/Tour/index11.html>
Description: A weekend-long outdoor adventure game for youth aged 10-19. Includes puzzles and problem solving activities. Incorporates adult volunteers. Not school-based, but has been integrated into many comprehensive school programs.

School Violence Prevention/Bullying

Resources

Title: *Assessment Toolkit for Bullying, Harassment and Peer Relations at School*
Organization: Canadian Public Health Association, Ottawa
Website: <http://www.cpha.ca/antibullying/english/backinfo/backinfo.html>
Description: This toolkit is designed for teachers, school administrators and ministries of education to measure the nature and prevalence of school peer relationship problems, standards for quality programs and a common set of tools to assess the impact of school-based programs. It provides an overview of what works and what doesn't, foundations for best practice standards and outlines the core school components. Finally, the toolkit includes tips for students, parents, teachers and administrators.

Title: *Binoculars on Bullying: A New Solution to Protect and Connect Children*
Organization: Voices for Children (2007)
Website: <http://www.voicesforchildren.ca/report-Feb2007-1.htm>
Description: In this document, leading Canadian researchers Debra Pepler and Wendy Craig cite a recent World Health Organization survey in which Canada ranks 26th and 27th out of 35 countries on measures of bullying and victimization, respectively. Pepler and Craig suggest a new solution to protect and connect children – one that not only focuses on the children involved in bullying, but also on the relationships and social contexts that contribute to or alleviate bullying problems.

Title: *Bullying Prevention in Schools*
Organization: National Crime Prevention Strategy (2005)
Website: <http://www.ps-sp.gc.ca/res/cp/res/bully-en.asp>
Description: Highlights promising practices in school-based violence prevention and describes over 40 bullying and violence prevention initiatives spearheaded by non-profit groups across Canada.

Title: *Bullying and Violence Prevention in Schools: A Focus on Personal and Social Development*
Organization: The Society for Safe and Caring Schools and Communities (2006)
Website: <http://www.sacsc.ca/PDF%20files/Research%20and%20Evaluation/Literature%20Review-Spevak-06.pdf>
Description: A review of best practice on bullying prevention in schools, from a Canadian perspective.

Title: *Focus on Bullying: A Prevention Program for Elementary School Communities*
Organization: BC Ministry of Education (1998)
Website: <https://www.bced.gov.bc.ca/specialed/bullying.pdf>
Description: Provides educators and administrators with general information about bullying, ideas for building school-wide strategies and lesson plans per grade level.

Title: *Focus on Harassment and Intimidation: Responding to Bullying in Secondary School Communities*
Organization: BC Ministry of Education (2001)
Website: http://www.bced.gov.bc.ca/specialed/docs/fob_sec.pdf
Description: Provides educators and administrators with general information about bullying, ideas for building school-wide strategies and lesson plans.

Title: *One Incident is Too Many: Policy Guidelines for Safe Schools*
Organization: Thompson, L. author. (1994). Saskatchewan School Trustees Association (now the Saskatchewan School Boards Association), Regina, SK
Website: http://saskschoolboards.ca/research/school_improvement/94-05.htm
Description: The Saskatchewan School Trustees Association Centre has produced this thorough report on developing policy guidelines for safe schools. It examines the nature of youth violence in schools, offers short and long-term solutions and provides guidelines for responding to critical incidents.

Title: *Safe Schools: Ideas Book for Students*
Organization: Ontario Ministry of Education (1994)
Website: <http://www.edu.gov.on.ca/eng/student/safesche.html>
Description: A practical guide for students who are interested in enhancing the safety of their schools. Includes topics such as developing a safe school student committee, conducting a school safety audit and promoting students' plans.

Title: *School-Based (2002) Violence Prevention Programs: A Resource Manual*
Organization: RESOLVE Alberta, University of Calgary
Website: <http://www.ucalgary.ca/resolve/violenceprevention/English/index.htm>
Description: This Alberta resource was developed to identify school-based programs that prevent violence against girls and young women, the primary targets of much abused including dating violence, sexual assault and sexual harassment. The manual presents school-based violence prevention programs that are relevant for girls and boys, youth women and young men. Reviews of 79 school-based prevention programs are provided.

Title: *A Whole-School Approach to Safety and Belonging, Preventing Violence and Bullying*
Organization: Manitoba Education, Citizenship and Youth (2005)
Website: http://www.edu.gov.mb.ca/k12/safe_schools/initiatives.html
Description: The purpose of this document is to promote a positive approach to safety and belonging that aligns with school planning systems already in use in Manitoba schools. School planning teams interested in a school-wide approach to preventing, intervening in and responding to violence and bullying will find helpful suggestions in this resource. The suggestions for a safety and belonging approach are flexible so that schools can address issues unique to their populations and contexts.

Programs

Title: *ASAP: A School-Based Anti-Violence Prevention Program*
Organization: Centre for Children and Families in the Justice System, London, Ontario
Website: <http://www.lfcc.on.ca/asap.htm>
Description: This program contains tips to build school and community awareness of bullying and violence prevention, and help with setting appropriate school policies, educating staff and students and handling disclosures of violence when it occurs.

Title: *Bully B'ware*
Organization: Bully B'ware Productions, Coquitlam, BC
Website: <http://www.bullybeware.com/prgrm.html>
Description: A collection of videos and resource books that can be used together to create a school program or separately to support other programs or policies. The program includes the DVD *Bully Beware: Take Action Against Bullying*, books for educators and parents, posters and bookmarks. They also provide workshops for educators and parents (including a workshop specific to First Nations schools and communities) and a consulting service to support schools in making policy changes.

Title: *Cool Heads in the Zone*
Organization: The Canadian Safe School Network, Toronto, Ontario
Website: <http://www.canadiansafeschools.com/programs/resources/coolHeads.htm>
Description: An interactive CD-Rom featuring live action video depicting six bullying scenarios, a variety of positive interventions and resources and assessment tools for teachers.

Title: *Cool Kids in the Zone (Kindergarten – Grade 2)*
Organization: The Canadian Safe School Network, Toronto, Ontario
Website: <http://www.canadiansafeschools.com/programs/resources/coolKids.htm>
Description: A program in DVD or VHS format that also includes sing-a-long songs, stories, handpuppets, posters and teacher support materials. A French version, <http://www.canadiansafeschools.com/programs/resources/enfantsCool.htm>, is also available.

Title: *Education Toolkit*
Organization: Promoting Relationships and Eliminating Violence Network (PREVNet), Kingston, Ontario
Website: <http://prevnet.ca/PREVNetToolkits/EducationPrinciples/Professionals/tabid/135/Default.aspx>
Description: Provides research based information, principles, guidelines, materials, pamphlets and tip sheets that can be downloaded by children and youth, parents or education professionals. Intended to bring awareness to the problem of bullying, shift attitudes about bullying and build a commitment to addressing it.

Title: *Intervention Toolkit*
Organization: Promoting Relationships and Eliminating Violence Network (PREVNet), Kingston, Ontario
Website: <http://prevnet.ca/PREVNetToolkits/InterventionPrinciples/tabid/130/Default.aspx>
Description: Provides research-based information, principles, guidelines, materials, pamphlets and tip sheets that can be downloaded by children and youth, parents or education professionals. Offers research based strategies for intervening and preventing bullying.

Title: *Policy Toolkit*
Organization: Promoting Relationships and Eliminating Violence Network (PREVNet), Kingston, Ontario
Website: <http://prevnet.ca/PREVNetToolkits/PolicyPrinciples/tabid/131/Default.aspx>
Description: Provides research based information, principles, guidelines, materials, pamphlets and tip sheets that can be downloaded by children and youth, parents or education professionals. Designed to inform policy development within schools and communities.

Title: *Safe Schools Manitoba*
Organization: Safe Schools Manitoba, Winnipeg, Manitoba
Website: http://www.safeschoolsmanitoba.ca/contact_us.html
Description: Safe Schools Manitoba is a partnership initiative of organizations committed to working together to enhance the safety of Manitoba's schools and communities. The organization represents the collaboration of government, schools, law enforcement, community agencies and others. Safe Schools Manitoba offers workshops and resources for educators, students, parents and community members to build awareness and understanding of the problems and solutions that impact the safety of children and youth.

Title: *Slam Dunk Violence for Safe Schools*
Organization: The Canadian Safe School Network, Toronto, Ontario
Website: <http://www.cssn.org/programs/programsSupportResources.shtml#raptors>
Description: An educational video promoting youth anti-violence, safety and how to deal with aggression and danger. Includes a teacher's manual.

Title: *Supporting a Safe and Caring School*
Organization: The Society for Safe & Caring Schools & Communities, Edmonton, Alberta
Website: <http://www.canadiansafeschools.com/programs/resources/slamdunk.htm>
Description: Aims to build a more positive and successful school culture through books, manuals and videos that facilitate extracurricular programs, peer education, volunteer mentorship and teacher training for classroom management. Also available are student survey tools and assembly scripts for elementary and secondary school principals.

Title: *Supporting a Safe and Caring Teaching Profession*
Organization: The Society for Safe & Caring Schools & Communities, Edmonton, Alberta
Website: http://www.sacsc.ca/Resources_Profession.htm
Description: Designed to help teachers implement the curriculum described above, this program includes resources from the Alberta Teachers Association.

Title: *Toward a Safe and Caring Community*
Organization: The Society for Safe & Caring Schools & Communities, Edmonton, Alberta
Website: http://www.sacsc.ca/Resources_Community.htm
Description: The objective of this program is to have all adults in the community model and reinforce safe and caring behaviour. The program consists of a series of workshops for adults and older teens.

Title: *Toward a Safe and Caring Curriculum*
Organization: The Society for Safe & Caring Schools & Communities, Edmonton, Alberta
Website: http://www.sacsc.ca/Resources_Curriculum_Elementary.htm
Description: These resources and lesson plans cover living respectfully, developing self-esteem, respecting diversity, managing anger and resolving conflict peacefully.

Title: *Teasing and Bullying: Unacceptable Behaviour Program (TAB)*
Organization: Institute for Stuttering Treatment and Research, Edmonton, Alberta
Website: <http://www.tab.ualberta.ca>
Description: This program includes a videotape, ready-to-use lessons and activities, parent handouts, family activities and educational material about speech and language challenges, to change attitude and social behaviour toward children with differences, particularly children who stutter.

Building Peaceful Schools/Conflict Resolution

Resources

Title: *Creating Caring Schools: Peace-Promoting Activities*
Organization: Peaceful Schools International, Annapolis Royal, Nova Scotia
Website: www.peacefulschoolsinternational.org
Description: This book for elementary and secondary teachers and administrators includes 30 practical school-wide initiatives, a CD and sheet music for the original song “*The Right Thing to Do*” and an index cross-listing themes and types of project.

Title: *Peace in the Classroom*
Organization: Peaceful Schools International, Annapolis Royal, Nova Scotia
Website: <https://store.peacefulschoolsinternational.com/ProductDetails.asp?ProductCode=PSI1>
Description: A collection of creative activities to use in elementary school classrooms to promote peace.

Title: *The Peaceful School: Models that Work*
Organization: Peaceful Schools International, Annapolis Royal, Nova Scotia
Website: <https://store.peacefulschoolsinternational.com/ProductDetails.asp?ProductCode=PSI3>
Description: Explores many practical ways that schools can develop a culture of peace, by sharing ideas and approaches from 20 schools across Canada.

Title: *Peer Mediation: A Complete Guide*
Organization: Peaceful Schools International, Annapolis Royal, Nova Scotia
Website: <https://store.peacefulschoolsinternational.com/ProductDetails.asp?ProductCode=PSI4>
Description: Includes games, role-plays, worksheets and exercises to train mediators in the nature of conflict, the process of mediation and communication skills.

Title: *Safe, Caring and Orderly Schools*
Organization: BC Ministry of Education (2008)
Website: <http://www.bced.gov.bc.ca/sco>
Description: Describes a vision for schools toward which school boards, schools and school communities should be encouraged to strive. The guide identifies attributes of safe, caring and orderly schools and outlines strategies for informing appropriate members of the school community of safety concerns in a timely manner. A French version, Des écoles sûres où règnent la bienveillance et la discipline: Guide-ressource, is also available.

Programs

Title: *Peace@School*
Organization: Peaceful Schools International, Annapolis Royal, Nova Scotia
Website: <http://www.peaceatschool.org>
Description: A toolkit for educators and youth, designed to help create peaceful school environments. The toolkit consists of two DVDs and a set of three guidebooks, written by Hetty van Gorp of Peaceful Schools International (PSI). *Peace@School* is part of a broad approach by PSI in which schools are invited to join a national network. Member schools receive PSI resources to guide their work, quarterly newsletters and access to on-line discussion groups.

Title: *Promoting Peace and Preventing Violence for Teens and Young Adults*
Organization: Lions Clubs International Foundation and Thrive! The Canadian Centre for Positive Youth Development, Waterloo, Ontario
Website: <http://www.thrivecanada.ca/section.asp?catid=140&pageid=21>
Description: This program works to increase students' awareness of how they usually respond to conflict and teaches students how to work toward more peaceful resolutions. Consists of 19 sessions designed to help students understand the attitudes and behaviours that can lead them from conflict to anger to violence.

Title: *Roots of Empathy*
Organization: Roots of Empathy, Toronto, Ontario
Website: <http://www.rootsofempathy.org/ProgDesc.html>
Description: An award-winning, evidence-based classroom program that has shown significant effects in reducing levels of aggression and violence among school children, while raising social and emotional competence and increasing empathy. The program is intended for children in Kindergarten through grade 8. In the program, a local infant and parent visit the classroom every three weeks over the school year. A trained instructor coaches students to observe the baby's development and to label the baby's feelings. In this experiential learning, the baby is the "teacher" and a lever, which the instructor uses to help children identify and reflect on their own feelings and the feelings of others. The "emotional literacy" taught in the program lays the foundation for more safe and caring school environments.

Title: *Seeds of Empathy*
Organization: Roots of Empathy, Toronto, Ontario
Website: <http://www.seedsofempathy.org/ProgDesc.html>
Description: As the "younger sibling" of the *Roots of Empathy program*, *Seeds of Empathy* is geared to early childhood settings. It is a program that fosters social and emotional competencies and early literacy skills and attitudes in children three to five years of age. The program runs for three weeks and involves reading and discussing books with the children, as well as a visit by a baby and his or her parent(s). During the baby's visit, the children are encouraged to observe the baby's development, to label the baby's feelings, and to talk about their own feelings and those of others.

Title: *Working it Out (Kindergarten to Grade 6)*
Organization: Lions Clubs International Foundation and Thrive! The Canadian Centre for Positive Youth Development, Waterloo, Ontario
Website: <http://www.thrivecanada.ca/section.asp?catid=140&pageid=21>
Description: Conflict management skills are taught as 10 thematic topics with multiple options that teachers can select from and focus on according to students' needs. Each skill topic provides suggestions for schools, family work assignments, strategies for the transfer of learning and related books and videos. Topics covered include recognizing different points of view, expressing anger constructively and dealing with bullying.

Mental Health Promotion (including Suicide Prevention)

Resources

- Title: *Acting On What We Know: Preventing Youth Suicide in First Nations*
Organization: First Nations & Inuit Health, Ottawa
Website: http://www.hc-sc.gc.ca/fnihah-spnia/pubs/promotion/_suicide/prev_youth-jeunes/index-eng.php
Description: This report provides an examination of these issues, from basic suicide data to specific factors affecting First Nations, and based on this, presents recommendations for action. The recommendations fall into four main themes: increasing knowledge about what works in suicide prevention; developing more effective and integrated health care services at national, regional and local levels; supporting community-driven approaches; and creating strategies for building youth identity, resilience and culture.
- Title: *Considerations for School Suicide Prevention Programs*
Organization: Canadian Mental Health Association, Centre for Suicide Prevention, Ottawa
Website: <http://www.suicideinfo.ca/csp/assets/alert32.pdf>
Description: A two-page brief on the development of school guidelines
- Title: *Preventing Suicide in Youth: Taking Action with Imperfect Knowledge*
Organization: BC Ministry of Children and Family Development, Victoria, BC
Website: <http://www.childhealthpolicy.sfu.ca/documents/publications/Suicide%20Prevention%20Report.pdf>
Description: This report addresses only the content, or the specific factors, in preventing suicide in youth. Applying this content to policy and practice requires integration of the research evidence together with individual clinical experience and child and family preferences. The goal, nevertheless, is to facilitate evidence based policy and practice by making summaries of the best research evidence available to everyone concerned with improving children's mental health in BC.

Programs

Title: *Advanced Level 2 Suicide Prevention Workshop (Grades 11 & 12)*
Organization: Crisis Intervention and Suicide Prevention Centre of British Columbia
Website: <http://www.crisiscentre.bc.ca/youth/index.php>
Description: A one-class period workshop that offers a more detailed discussion of youth suicide, building on the information in the “CHOICES” program. Includes information on how to help yourself or a friend find resources and healthy alternatives to cope with difficult issues and feelings.

Title: *“CHOICES” Youth Suicide Awareness Workshop (Grades 8-12)*
Organization: Crisis Intervention and Suicide Prevention Centre of British Columbia
Website: <http://www.crisiscentre.bc.ca/youth/index.php>
Description: A one-class period workshop that includes information on facts and statistics about youth suicide, early warning signs and signals of suicide, how to respond and where to get help.

Title: *Friends for Life*
Organization: Sponsored by the BC Ministry of Children and Family Development (MCFD) with the BC Ministry of Education.
Website: http://www.mcf.gov.bc.ca/mental_health/friends.htm
Description: The FRIENDS program is a school-based early intervention and prevention program, proven to be effective in reducing the risk of anxiety disorders and building resilience in children. It teaches children how to cope with fears and worries and equips them with tools to help manage difficult situations, now and later in life.

Title: *I’m Thumbbody (Grade 3)*
Organization: Canadian Mental Health Association, Ottawa
Website: http://www.cmha.pe.ca/bins/content_page.asp?cid=284-294-296-321
Description: This program is presented in the classroom by trained volunteers as part of the school experience. Provides materials to parents and teachers to assist them in reinforcing the development of self-esteem and mental wellness in children. The program actively involves the community as sponsors, planners and doers.

Title: *It’s Cool to be Alive in Nunavut*
Organization: Aqsarniit School’s Sanginiq Program, Iqaluit, Nunavut
Website: http://www.gov.nu.ca/education/suicide_prevention/index.html
Description: This program emphasizes the importance of collaborative skills, coping skills and communication. The content, processes and activities of this program are based on the fundamental belief that, even in the face of overwhelming life conditions, all children have a capacity for resilience.

Title: *My Life - It's cool to talk about it!*
Organization: Canadian Mental Health Association, Montreal branch
Website: <http://www.cmha.ca/mylife/>
Description: The My Life - It's cool to talk about it! campaign focuses on youth mental health and is designed to encourage teenagers to talk about their mental health concerns and issues before serious problems arise. This website contains information for educators, parents and students. The site provides tools to help high school students understand stress and its effects, the importance of maintaining their mental health, links to mental health information sites and an online quiz that allows teenagers to anonymously find out if they are "Feeling good about yourself or not?"

Title: *Signals of Suicide*
Organization: Canadian Mental Health Association, PEI Division
Website: http://www.cmha.ca/bins/site_page.asp?cid=284-294-296-322
Description: A school-based suicide prevention program presented by a trained facilitator in grade 9 classrooms throughout the province. Combining interactive learning techniques, open discussions and a short video, the one-hour session explores the topic of suicide with youth and teaches them ways to seek help for themselves and their peers when they are in distress. This program is funded by the PEI Department of Health and CMHA's annual 'Golf for Life' Tournament.

Title: *SPEAK Workshop*
Organization: SPEAK (Suicide Prevention Education Awareness Knowledge), Winnipeg, Manitoba
Website: http://www.speak-out.ca/workshop_outline.htm
Description: In workshops with school-aged youth, presenter's focus on the signs and symptoms of depression; taking away the stigma of having a mental illness, and thereby promoting help-seeking behaviours. The goals are to impart knowledge of depression, reduce stigma and promote help-seeking behaviours. If a peer helper system is not in place in a school students and teachers are encouraged to start one.

Title: *Yellow Ribbon Gatekeeper Training*
Organization: Light for Life Foundation – Alberta Chapter
Website: <http://www.yellowribbon.ca/gatekeeper.html> ; <http://www.yellowribbon.ca/involved.html>
Description: *The Yellow Ribbon Program* supports and follows the Canadian National Suicide Prevention Strategy. The training program helps any "trusted adult" (including teachers) to recognize and understand the symptoms, risk factors and warning signs of suicide. To make approaching "trusted adults" easier, the Yellow Ribbon Program developed the "It's OK to Ask 4 Help" card.



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